



Billinge Woods Mountain Bike Trails & Walks

Follow the arrow markers for your skill level



Mountain Biking Code & Personal Safety

Always follow the Forest Cycle Code

Don't rely on others:

- Can you get home safely? Always carry a mobile phone.
- Carry the right equipment and know how to use it.

For your own safety:

- Always carry some identification.
- Always tell someone where you are going and when you will be back.
- Always wear the right safety clothing, at least a cycle helmet and gloves.
- Reflective materials on your clothes or bike can save your life.
- Ride the trail type suited to your ability and the specification / quality of your bike.
- Ensure your bike is safe to ride and be prepared for all emergencies.
- Only tackle jumps and other challenges if you are sure you can do them, have a look first!
- Train properly, especially for difficult and technical routes.

On and off road:

- Expect the unexpected - watch out for other visitors.
- For your own and others' safety always follow warning signs and any advice you are given.
- Please slow down for horses, some horses are easily spooked by bikes.
- If approaching a horse from behind please warn the rider of your presence by calling "bike behind".
- Bilinge Hill is a multi user site. Please ride within your limits and give way to other users.
- If you get into difficulty on the trail look out for the individually numbered waymarker posts. Report your location to the emergency services or to the Visitor Centre (Tel: 01254 54855). In case of emergency call 999.

H Nearest A&E Hospital facilities: Royal Blackburn Hospital, Haslingden Road, Blackburn, Lancashire, BB2 3HH. Tel: 01254 263555 (24 hour switch board number).

Sustrans
NCN Route 6



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Thanks to John Ryden for map detail